

# FEBRUARY AND MARCH CLASSES SEATS STILL AVAILABLE!!

## Accounting and Payroll Administrator

### Program Objective

**CPA endorsed!**

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems. This program also provides our students the opportunity to obtain the **Payroll Compliance Practitioner (PCP)** certification, issued by the **Canadian Payroll Association (CPA)**. The certification is nationally recognized as a standard of excellence for payroll training in Canada.

### Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

### Accounting and Payroll subject matter includes:

Technical Skills

- Bookkeeping & Financial Accounting—Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply—Levels 1 & 2
- Computerized Accounting, AccPac—Levels 1 & 2
- QuickBooks
- Effective Business Writing
- Payroll Compliance Legislation (PCL)
- Payroll Fundamentals 1 (PF1)
- Payroll Fundamentals 2 (PF2)



## Fitness and Health Promotion

### Program Objective

The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

### Career Opportunities

Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:

- Fitness and Health Clubs
- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics

### Fitness and Health Promotion subject matter includes:

- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
- Biomechanics & Kinesiology
- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques

### Certification

This program helps prepare you for these Can-Fit-Pro certifications:

- Fitness Instructor Specialist
- Personal Trainer Specialist
- Nutrition & Wellness Specialist

**Onsite Can-Fit-Pro testing is provided for graduates**



## Personal Support Worker

**Part-time evening program now available!**

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

## Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

## Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

This 40 week diploma program includes an 8 week co-op placement.

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## Paralegal

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The Paralegal program of Algonquin Careers Academy is **accredited** by The Law Society of Upper Canada. The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare the student to successfully challenge the LSUC licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes a 4 week co-op placement.

## Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world! Complete this diploma program through online distance education.

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# Trade in the Hallmark card

► Valentine's staples — chocolate, wine and flowers — can be purchased with fair trade certification ► Nothing says 'I love you' like ethical consumerism



► Engineers Without Borders members Sarah Button, Matthew McLeod and Mohammed Aboul-Magd show off some of the options for lovers who want to give ethically.



SEAN MCKIBBIN  
@METRONEWS.CA

Buy your sweetheart a fair trade gift for Valentine's Day and you can show them how you feel and avoid the crass commercialism of what for many has become a greeting card holiday, says the Ottawa chapter of Engineers Without Borders (EWB). "There's a bit of a backlash around Valentine's Day and this is one way of reclaiming it," said EWB member Sarah Button. "Maybe you can use it to

help a bigger cause."

While fair trade coffee has become commonplace, less well known are fair trade chocolate, wine and flowers — staple gifts of Valentine's.

Many flowers purchased here come from Ecuador and Kenya, places where seasonal workers are traditionally hired to meet the rush, then laid off just as quickly.

Button says fair trade flower, chocolate and wine firms give workers a greater share income from sales.

## Love is on the web



Finding fair trade Valentine's Day gifts is as easy as surfing the web.

- [www.myfairvalentine.com](http://www.myfairvalentine.com) offers a locator to help you find stores in your area with fair trade goods.
- [www.transfair.ca](http://www.transfair.ca) can tell you more about how goods are certified "fair trade," and what the criteria are.
- If you'd like to help promote the sale of fair trade goods in Ottawa you can write to [fairtrade@ottawa.ewb.ca](mailto:fairtrade@ottawa.ewb.ca).
- The fair trade movement tries get third-world farmers and producers better prices for their goods.

## Assault charges for Ottawa policeman

Ottawa police have charged one of their own officers with two counts of assault, but refuse to name him or release further information while the matter is before the courts to protect the identity of the victim.

The 31-year-old officer has been reassigned to administrative duties. The Ottawa Police Service Professional Standards Section is also investigating and is expected to lay more charges under the Police Services Act.

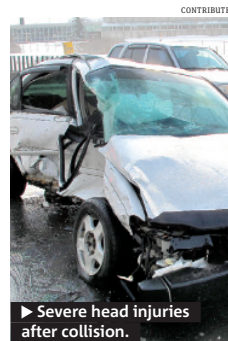
● METRO

## Collision sends woman to hospital

A 57-year-old woman suffered severe head injuries Saturday morning when her car collided with a transport truck on the westbound 417 between the Vanier Parkway and Nicholas Street exits.

She was transported to hospital where she was listed in serious but stable condition. The driver of the truck was uninjured.

● METRO



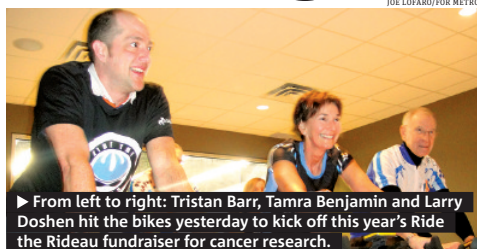
► Severe head injuries after collision.

## Woman, 2 daughters flee fire

A woman and her two teenaged daughters escaped a kitchen fire in their Vanier home Saturday afternoon. Firefighters quickly contained the fire, which started on the stove and spread to cupboards above, but there is smoke damage throughout the home. Paramedics treated the mother on the scene for smoke inhalation.

● METRO

# Peddling \$1.8M for cancer



► From left to right: Tristan Barr, Tamra Benjamin and Larry Doshen hit the bikes yesterday to kick off this year's Ride the Rideau fundraiser for cancer research.

Cancer survivor Tristan Barr was welcomed by supporters of the Ride the Rideau fundraiser yesterday as they announced this year's goal of \$1.8 million for cancer research at the Ottawa Hospital.

On September 10, donors will bike 100 kilometres from Ottawa to

Merrickville-Wolford for the cause.

Last year, 315 people participated and raised more than \$940,000 to purchase a CyberKnife Radiosurgery System and help build the Centre for Innovative Cancer Research at the General Campus.

● JOE LOFARO



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- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to relevant content at [m.metronews.ca](http://m.metronews.ca)



A warning on the perils of polls comes from an odd source: Pollsters. Scan the code for the story.

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## CRIME

## Study gets scathing reviews

Criminologists say a study that attacks the long-standing measurement of Canada's crime rate is "highly politicized" and without statistical merit.

Crime and punishment appears to be shaping up as a

defining ballot question whenever Canadians next go to the polls, so the statistically unorthodox claim that violent crime is on the rise is noteworthy.

Scott Newark, a former Harper government adviser who counts himself a contributor to the Conservatives' 2006 justice platform, released the 29-page study last week questioning Statistics Canada's methodology on compiling crime stats. **THE CANADIAN PRESS**

## Women protest Berlusconi

More than 100,000 Italian women and their supporters turned out across the country to protest against Premier Silvio Berlusconi, saying his alliances with young women degrade female dignity.

Backers of the 74-year-old Berlusconi, dismissed the protests as strictly political. **THE ASSOCIATED PRESS**

## PM wins tug of war over VIP aircraft

Prime Minister Stephen Harper has been locked in a lengthy tug of war with his defence minister over the future of the military's VIP Airbus, newly disclosed documents show. Peter MacKay has rejected requests from the Harper's staff to have the Airbus painted a civilian white and red. **THE CANADIAN PRESS**

# White House keeps the romance alive

MANUEL BALCE CENETA/THE ASSOCIATED PRESS FILE



► U.S. President Barack Obama dances with Michelle Obama on the night of his inauguration in Washington on Jan. 20, 2009.

► Obamas don't fuss too much over a day that's about celebrating love

Here's Michelle Obama's advice for couples this Valentine's Day: Laugh with your partner.

She says it's what she and U.S. President Barack Obama do, and it seems to be working. Their marriage, although tested throughout the years by his political ambitions — for the Illinois Senate, the U.S. Senate and later the presidency — is going on 19 years.

"I think a lot of laughing," she said at a White House luncheon with reporters who asked about the Obamas' union. "I think in our house we don't take ourselves too seriously, and laughter is the best form of unity, I think, in a marriage."

"So we still find ways to have fun together, and a lot of it is private and per-

**"Got to keep the romance alive, even in the White House."**

MICHELLE OBAMA

sonal. But we keep each other smiling and that's good," she added.

It also helps that Mr. Obama is "very romantic."

"He remembers dates, birthdays," Mrs. Obama said last week on Live! With Regis And Kelly. He doesn't forget a thing, even when I think he did. I'll have a little attitude. I give him a little attitude, but he always comes through."

As for Valentine's Day today, Michelle Obama said her husband would do right by giving her jewelry.

"You can't go wrong," she said.

**THE ASSOCIATED PRESS**

  
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A

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B

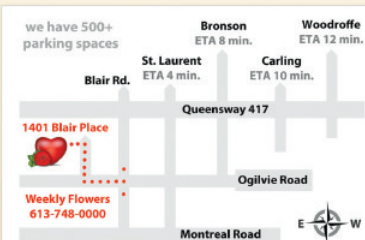


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## News in brief

HANI MOHAMMED/THE ASSOCIATED PRESS



► Anti-government protesters in Sanaa, Yemen, yesterday.

## Yemen faces pro-reform demonstrators

**DAY 3.** Yemeni police beat back thousands of protesters marching through the capital of Sanaa in a third straight day of demonstrations calling for political reforms and the resignation of the country's U.S.-allied president.

The protests have mushroomed since crowds gathered Friday to celebrate the ouster of

Egyptian President Hosni Mubarak after an 18-day revolt fuelled by similar grievances.

THE ASSOCIATED PRESS

## Bahrain clamps down on marchers

**SOCIAL MEDIA.** Bahrain's security forces set up checkpoints and clashed with marchers in at least one village yesterday as opposition groups blanketed social media sites with calls to stage the first major anti-government protests in the Gulf since the uprising in Egypt.

THE ASSOCIATED PRESS

## Algerians plan another protest

**PEACEFUL RALLY.** The organizers of a pro-reform protest that brought thousands of Algerians onto the streets of the capital Algiers over the weekend called yesterday for another rally next week.

THE ASSOCIATED PRESS

# Antiquities lost in museum looting

► None of missing items are from Egyptian Museum's chief Valley of the Kings attraction ► Thieves also broke into royal necropolis of Dahshur

A full inventory of the Egyptian Museum has found that looters escaped with 18 items during the anti-government unrest, including two gilded wooden statues of famed boy king Tutankhamun, the antiquities chief said yesterday.

The 18-day uprising that forced out President Hosni Mubarak engulfed the areas around the museum, on the edge of Cairo's Tahrir Square. On Jan. 28, as protesters clashed with police early on in the turmoil and burned down the adjacent headquarters of Mubarak's ruling party, a handful of looters climbed a fire escape to the museum roof and lowered

**"We have the boat and the legs of the (boy) king, but we are missing other parts of the body. We are looking everywhere for them — around the museum, outside, on the roof, from where the thieves got into the museum."**

TAREK EL-AWADY, MUSEUM DIRECTOR

themselves on ropes from a glass-panelled ceiling onto the museum's top floor.

Around 70 objects — many of them small statues — were damaged, but until yesterday's announcement, it was not known whether anything was missing.

Antiquities Minister Zahi Hawass said the museum's database department determined 18

objects were gone. Investigators searching for those behind the thefts were questioning dozens of people arrested over several days after last month's break-in.

The most important of the missing objects is a limestone statue of the Pharaoh Akhenaten standing and holding an offering table. Akhenaten is the so-called heretic king who tried to intro-

duce monotheism to ancient Egypt.

"It's the most important one from an artistic point of view," said museum director Tarek el-Awady. "The position of the king is unique and it's a beautiful piece of art."

During Akhenaten's so-called Amarna period, named after his capital, artists experimented with new styles.

Also gone is a gilded wooden statue of the 18th-dynasty king Tutankhamun, Akhenaten's son, being carried by a goddess. Pieces are also missing from another statue of the boy king wielding a fishing harpoon from a boat. **THE ASSOCIATED PRESS**

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Mike Macsween, Queen's MBA  
Senior Vice President, In-Situ  
Suncor Energy



### INFORMATION SESSIONS

Reservations are appreciated.

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► Young Egyptians take photographs of themselves standing in front of newly painted murals yesterday on a street leading off from Tahrir Square in downtown Cairo, Egypt.

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# Love



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# Economy not all doom and gloom: Analyst

► Some experts go out on a limb and forecast higher GDP than prevailing view ► Job numbers could perk up

The vast majority of economists see Canada experiencing modest growth this year, with little improvement in the job rate. That's the widely held view of the International Monetary Fund, the Bank of Canada and most private-sector economists. But it's not the universal opinion.

A few analysts believe Canadians will have a much better year than most think. The Royal Bank, Merrill Lynch Canada and others make the case for a much stronger economy in the next few years. If true, it would change the prevailing assumptions on everything from jobs and interest rates to govern-

ment deficits.

"Rose-coloured glasses or clearer vision?" Royal Bank economists recently asked of their top-of-class forecast that Canada's gross domestic product will grow by a relatively robust 3.2 per cent this year. That would translate into the creation of 324,000 jobs, about 100,000 more than many others think likely.

Contrast that with the Bank of Canada, which forecasts growth of 2.4 per cent, and other analysts who predict an even more modest 1.8 per cent.

Despite the gap, economists see the future unfolding pretty much in the same way. Canadian hous-

**"When you have an outlier position you have a concern that maybe you are missing something."**

PAUL FERLEY, ASSISTANT CHIEF ECONOMIST, RBC

ing will slow, tapped-out consumers will play a minor role in supporting output and government spending will turn negative as stimulus is phased out.

Where the optimists diverge is in how much of a bounce exporters can expect from what is going to be a good year in the United States. **THE CANADIAN PRESS**



Toy. Story





► Hasbro's Kre-O Transformers kit builds both the vehicle and robot version of the character. Pictured is Bumblebee.

MARK LENIHAN/THE ASSOCIATED PRESS

## Transformers vs. Lego

They fought for world domination in *Revenge of the Fallen*. Now Transformers are taking aim at Lego. Hasbro Inc., the No. 2 U.S. toymaker, is entering the building-block fray with a new line called Kre-O that's compatible with Lego and the similar Mega Bloks. The line will launch in the fall.

## Market moment

TSX	Oil	Dollar	Gold
			
- 73.81 13,766.76	- \$1.15 US (\$85.58 US)	+ \$0.92 (\$101.34 US)	- \$2.10 US (\$1,360.40)

BLOOMBERG VIA GETTY IMAGES

## An excess of confusion over tax shelter

A single ill-chosen word on the Canada Revenue Agency website appears to have compounded confusion about a popular tax shelter that left 72,000 people with unexpected tax notices last year.

Bureaucrats used the phrase "excess contributions" to describe a situation in which someone puts too much money into their Tax-Free Savings Account.

But Canadians using Google to find information about TFSA limits typically type "over-contribution," an internal study concluded — a phrase not then found on CRA web pages. As a result, many did not know all the rules before they filed their returns.

The CRA has issued tax waivers — averaging \$179.10 each — to more than three-quarters of the 22,000 TFSA account-holders caught by the rule who asked for relief.

**THE CANADIAN PRESS**



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# ALL THE MAKINGS OF A COUNTRY SONG

## Urban Compass

### STEVE COLLINS



Ottawa, I read, was shaken last week by the sudden loss of its only two celebrities.

Friday's Ottawa Citizen ran a picture of Senators centre Mike Fisher and his more famous missus, country singer Carrie Underwood, above the paper's logo with a story headlined, "Missing Mike: A good player, a better person," and "City already feeling the loss of the quiet man and his big heart."

If you hadn't been following the news, you could be forgiven for thinking something considerably more dire had befallen Fisher than a mere trade to Nashville and deliverance from Ottawa winters. Below this pseudo-obit-

uary, the rest of the front page updated readers on the latest trivia from a place called Egypt.

We weren't immune from the shock at Metro, either, where Mike and Carrie's departure was front page news, or Kiss FM, where, blaming Underwood for the trade, it swore off playing her music. The mayor was also moved to comment on the momentous event.

As seemingly the only Ottawa denizen who pays little attention either to the limping Sens or to country music, I've had to take it on faith that this is big news. I was equally puzzled by the in-depth, out-of-breath coverage of

the couple's wedding, the dress, the ring, and on and on.

Fisher was more than a photogenic hockey player, of course.

**"I was equally puzzled by the in-depth, out-of-breath coverage of the couple's wedding, the dress, the ring, and on and on."**

He deserves plenty of credit for his good work with children's charities like Roger's House and the Make-A-Wish Foundation. Still, philanthropy here is as unlikely to collapse with his departure as is hockey.

Some failure of perspective on the Fisher-Underwood change of address is perhaps understandable given Ottawa's chronic dearth of star power. Just being home of the country's prime minister, a guy lucky enough to have his

picture taken with Barack Obama and share the stage with Yo-Yo Ma, just doesn't seem to cut it.

Like the PM, Ottawa can sometimes seem desperate for reflected fame. Witness the goofiness of the aborted proclamation of Shannon Tweed Day, when Mrs. Gene Simmons, a former Ottawa resident who appeared in some movies I defy you to name, visited in 2009.

The glamorous Fisher-Underwood union resulted in Ottawa being mentioned, however incidentally, in publications like People magazine. If people had heard of them, maybe they had heard of us. That's a pretty flimsy foundation for a city's self-image.

We won't, as Carrie's song goes, forget to remember them, but we'll soldier on somehow.

## Cartoon



# A day to show your love

## Letters & Tweets

Today is the big day! Are you headed to work with a contented glow of somebody in love? Or are you rocking the sourpuss of one who has nothing but contempt for all these forced gestures of romance? Whichever it is, we went to the readers to assure you that you're not alone.

**@shirisdancing:** So what if u don't have a valentine? Love is selfless, tell someone YOU love that u love THEM. That's what it's all about.

**@xbrav:** It is a day to remember what is truly important to you. If you hate it, you regret not pursuing love! Show some love.

**@dareapplemac:** I'm

## Sweet hearts



apathetic on Valentine's Day. It's amusing to watch both sides flail their arms arguing their side, especially in tweets.

**@mikeperse:** I'm pro Valentine's Day now. But when I was single I wanted to strangle Cupid :-)

**@cyrusrayne:** I'm anti-Valentine's because it seems like forced sentiment that should be there every day.

**@thetaoofken:** Pro-Valentine's Day, 4 camp/fun side of it, & cinnamon hearts. I need something 2 hold me over 4 the next round of candy corn.

**@diegirl:** We love it! It's one of our favourite celebrations! It's celebrating love whether it's a partner, kids, family, it's all about love.

**If it was your choice, who would get the best all-time Grammy?**

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Toll free: 1-888-916-3876 • [adinfoottawa@metronews.ca](mailto:adinfoottawa@metronews.ca)  
Distribution: [bernie.horton@metronews.ca](mailto:bernie.horton@metronews.ca)

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## Metro Minute at Casaflor Studios

Looking for a way to spice things up for Valentine's Day? Look no further.

Casaflor Studios can teach you and your partner how to bust a move on the dance floor and look good while doing it.

Whether it is tango, merengue, samba, or swing, the experienced staff will sharpen your dancing skills as you learn

how to express yourself artistically in a group.

Casaflor, located in the lower level of Westgate Shopping Centre, offers a number of affordable program options for beginner and experienced dancers.

Come with a date or find one there and get ready for social dancing with a twist.

JOE LOFARO



► Casaflor Studios can spice up your Valentine's Day by sharpening up your dancing skills.





► Singer Lady Gaga performs onstage during the 53rd annual Grammy Awards held at Staples Center last night in Los Angeles. Gaga came down the red carpet encased in an iridescent egg-shaped container that was carried by scantily clad men. She emerged from the container during her performance.

# Grammys go Gaga, Young finally wins

► Lady Gaga's odd entrance and wild performance the talk of the show  
► Arcade Fire upset by Black Keys ► Jay-Z in a Grammy state of mind

Neil Young finally won a Grammy Award for his music, but fellow Canadians Drake and the Arcade Fire failed to do the same as the first batch of awards were handed out yesterday.

The 65-year-old Young — a three-time nominee this year — claimed the award for best rock song for *Angry World* at a pre-teletcast ceremony where the bulk of the awards are handed out.

Young, who has a nomination for best rock album in the evening portion of the awards, climbed the stage to accept his prize clad in black.

"Thank you, everybody, thank you to the Grammys and all the people who, y'know, are part of that," said Young, who seemed pleased — even amused — by the honour, and rubbed the trophy as he clutched it.

Young never won a Grammy during his heyday in the 1960s and '70s but in recent years claimed an award for the packaging of his *Archives* set and was honoured by MusiCares



► Canadian-born musician Neil Young accepts the Best Rock Song Award. It was Young's first Grammy for his music.

last year for his charity work.

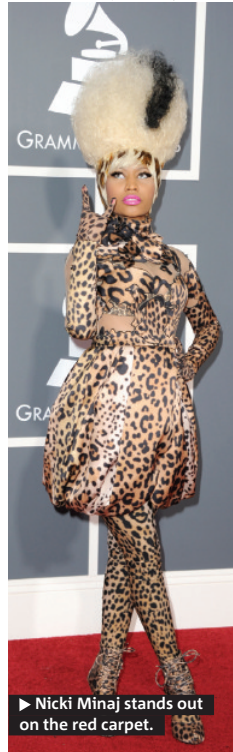
"I appreciate this very much," he said Sunday. "This is my first Grammy for music. It's appreciated greatly."

Arcade Fire's early shut-out, meanwhile, proved a shock to Grammy insiders.

Since the band is up for the evening's top prize — album of the year — many assumed their other two

nominations were virtual locks. But they lost out to the Black Keys for both alternative music album and best rock performance by a duo or group with vocals. A total of 98 awards were handed out during the afternoon gala, with another 10 to be decided at an evening broadcast ceremony at the Staples Center in Los Angeles.

THE CANADIAN PRESS



► Nicki Minaj stands out on the red carpet.

## Winners

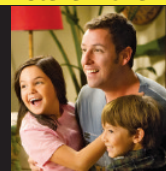
Early winners in selected major categories at yesterday's 53rd Annual Grammy Awards:

- **Pop Vocal Album:** The Fame Monster, Lady Gaga
- **Rock Album:** The Resistance, Muse
- **Female Pop Vocal Performance:** Bad Romance, Lady Gaga
- **Male Pop Vocal Performance:** Just The Way You Are, Bruno Mars
- **Pop Performance by a Duo or Group with Vocals:** Hey, Soul Sister (Live), Train
- **Rock Song:** *Angry World*, Neil Young
- **R&B Album:** *Wake Up!* John Legend & The Roots
- **R&B Song:** *Shine*, John Legend & The Roots
- **Rap Solo Performance:** Not Afraid, Eminem
- **Rap Song:** *Empire State of Mind*, Jay-Z and Alicia Keys
- **Dance Recording:** *Only Girl (In The World)*, Rihanna
- **Alternative Music Album:** *Brothers*, The Black Keys
- **Country Album:** *Need You Now*, Lady Antebellum
- **Spoken Word Album:** *The Daily Show With Jon Stewart Presents Earth (The Audiobook)*, Jon Stewart

# 2

scene

## Scene in brief



Adam Sandler and Jennifer Aniston are America's box-office sweethearts, but Justin Bieber is the valentine for teen fans. The Valentine's Day weekend was a close one as Sandler and Aniston's romantic comedy *Just Go With It* debuted with \$31 million.

That was just ahead of the concert documentary Justin Bieber: *Never Say Never*, which opened a close second with \$30.3 million. The teen pop idol's flick exceeded industry expectations and nearly matched the \$31.1 million opening of 2008's *Hannah Montana & Miley Cyrus: Best of Both Worlds Concert*, the record-holder for music-documentary debuts.

THE ASSOCIATED PRESS



Scan this code or visit  
metronews.ca/scene for more  
coverage of the Grammy Awards



# Big Momma's back for Part 3

► Brandon T. Jackson joins Martin Lawrence in drag



► Brandon T. Jackson, left, and Martin Lawrence in a scene from *Big Mommas: Like Father, Like Son*.



STEVE GOW  
SCENE@METRONEWS.CA

Say what you will about Friday's release of *Big Mommas: Like Father, Like Son* — the third installment in the film franchise that features Martin Lawrence as a federal agent disguised as an old lady — it's found a place in Hollywood's history of cross-dressing comedies.

"Martin was able to make *Big Momma* so real and relatable," said director John Whitesell (who also directed *Big Momma's House 2*). "We all have a *Big Momma* in our life and I think that really struck me."

In this latest version

**"I love people. As actors, you've got to be so detached and go off into this land of Who knows where we are. I like to listen to what people got to say about life."**

BRANDON T. JACKSON ON WHY HE'LL NEVER QUIT STAND-UP COMEDY



► Director John Whitesell

however, Lawrence isn't flying solo. When his stepson (*Tropic Thunder*'s Brandon T. Jackson) witnesses a murder, the pair both go undercover in lady's undergarments.

"I think it's kind of funny that you always know it's a guy under there," said Jackson of the movies' secret to success. "That's what makes it so funny."

While Whitesell agrees on the comedic potential, the director was initially reluctant to attempt a third chapter.

"By bringing Brandon undercover and in drag, you kind of get a two-hander," explained Whitesell. "By now having a partner undercover, we opened up a lot more possibilities comedically and made it fresh and more relatable

## In the past

### Other Hollywood crossdressers

- **Some Like it Hot (1959)**  
Jack Lemmon and Tony Curtis go incognito to avoid the mob.
- **Tootsie (1982)**  
Out-of-work actor Dustin Hoffman tries his luck as a lady.
- **Mrs. Doubtfire (1993)**  
Robin Williams dons the disguise of a British nanny.
- **Victor Victoria (1982)**  
Julie Andrews impersonates a male female impersonator. Follow that?

for a younger audience."

Whitesell admits there was no better choice than Jackson as well. In fact, the filmmaker is first to admit he cast the popular stand-up comedian at the perfect time.

"He's going to be (a big star)," proclaimed Whitesell. "But he does so many different things, I think it's hard to pigeon-hole him into one and that may be part of the reason he's taking a little longer to be as big as I think he's going to be."

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# Royal romance gets the comic treatment

## ► Kate and William: A Very Public Love Story will be published in April

The royal love story has been chronicled in speech bubbles and sketches.

A comic book telling the

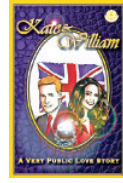
story of Prince William and Kate Middleton's romance is due to be published in April, joining a host of other books and memorabilia flooding the market ahead of the April 29 royal wedding.

"There's always been a tradition in this country of comics for girls in which the girl dreams of meeting someone famous and

falling in love," said Mike Collins, the artist who did the illustrations for Kate and William: A Very Public Love Story.

"In this case, this is what's happened and it's for real," he said.

The graphic novel will be published in two editions: The first follows the prince's life from the rugby pitches of his exclusive



boarding school to his adventures in the Royal Air Force, while the other traces Middleton's Middletons' half of the story with cheeky fictional diary entries that imagine her as a love-struck student who later comes to terms with the ups and downs of being a future king's girlfriend.

The two halves will come together in a collected bound edition that's presented as a flip book and includes a fictional account of the wedding day (and a kiss, too.)

The couple make a good-looking comic book superhero and heroine, Collins said. "She's got this flowing hair that's really lovely to draw, and he's got a very distinguished face," he said.

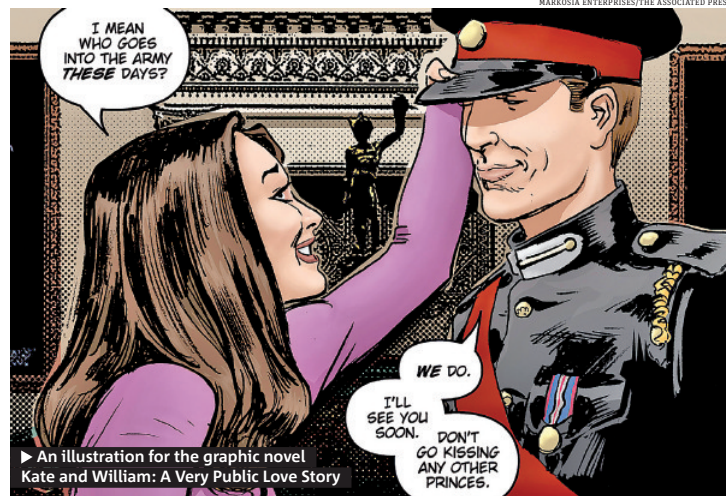
Rich Johnston, who wrote the script, said he didn't think William and his fiancée would mind having their love story chronicled in speech bubbles and cartoons. "It's better than seeing themselves

on a plate," he joked, referring to the many commemorative china items on sale.

A U.S. publishing house

has also announced a rival to the comic, also to be published in April.

THE ASSOCIATED PRESS



► An illustration for the graphic novel Kate and William: A Very Public Love Story

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# Divorce no real surprise

► After marrying young, having a kid young, split comes as no shock

The divorce between Ashlee Simpson and Pete Wentz is completely understandable, according to People magazine.

"It was honestly a classic case of marrying young, having a kid young and growing apart over the years," a source tells the magazine. Simpson may also have felt overwhelmed by her parental duties and the effect it had

**"It was honestly a classic case of marrying young, having a kid young and growing apart over the years."**

SOURCE

on her career.

"Ashlee was the one with Bronx a

lot of the time, and that's a lot," the source says.

"Ashlee loves

being a mom, but she also loves being a performer and she wants to badly get back to that." ● METRO



GETTY IMAGES FILE

TOGETHER  
ago  
Ken



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## Strange proposal

David Foster and his new fiancée Yolanda Hadid certainly don't have a typical story about their holiday proposal.

"Strangely enough, we got engaged at Yolanda's ex-husband's house — because that's where we met," Foster said Friday

as he and his new mate arrived on the red carpet at a MusiCares benefit in honour of Barbra Streisand.

Didn't Hadid's ex mind that he was proposing?

"He introduced us," Foster replied with a smile.

The 15-time Grammy winner has been married three times previously. He has five children from his previous marriages, the



most recent of which to actress and former beauty queen Linda Thompson ended in 2005.

Hadid, a Dutch model, has three children from

her marriage to real estate developer Mohamed Hadid.

Foster says the couple is "loosely" planning on getting married on Nov. 11, which, given the year, would be 11/11/11.

● METRO

### Talking points

#### Jake being linked to Mulligan

**PEOPLE** Jake Gyllenhaal has sources speculating that he's getting sweet on Oscar-nominated actress Carey Mulligan. Gyllenhaal reportedly took Mulligan all the way to Tennessee to see British band Mumford & Sons perform.

After checking out the show, the pair then reportedly joined the band for dinner at Nashville's City House restaurant.

● METRO

#### Playboy guests fall ill

**PEOPLE** Health officials on Saturday were investigating complaints of respiratory illnesses that a media report said affected dozens of people after a fundraiser at the Playboy Mansion in Los Angeles that was part of a larger conference. The Department of Public Health issued a statement Saturday saying only that it was investigating a suspected respiratory infection outbreak among attendees.

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## Lohan looking to walk

Despite her continued problems with the law, Lindsay Lohan could still avoid spending any time in jail, experts tell People magazine.

"This is far from a slam-dunk case," defense attorney Steve Sitkoff tells the magazine of Lohan's recent felony charge for

**"This is far from a slam-dunk case."**

SOURCE

allegedly stealing a \$2,500 necklace.

Sitkoff says all Lohan's lawyer will need to do is "convince one juror it was an innocent misunderstanding, and she could walk."

● METRO







## Foxx fight spills out into street

► Usher concert disrupted as Jamie scraps with his former management

A scuffle reportedly involving Jamie Foxx disrupted a performance by Usher at a crowded L.A. nightclub over the weekend, according to Radar Online.

The Oscar-winning actor was reportedly having an argument with a former manager that turned physical and "spilled to the outside area," a source says.

"After some cops ap-

**"I don't know what the guy said to Jamie Foxx, but he was really pissed."**

SOURCE

proached, both men seemed to make-up with one another before they left."

Foxx reportedly then left with a scowl on his face.

"I don't know what the guy said to Jamie Foxx, but he was really pissed," the source says.

● METRO

### Celebrity tweets



**Lindsay Lohan**  
[@lindsay-lohan] I pray

Egypt maintains it's treaty with Israel and sets the trend for its neighbors to create peace with Israel and the entire region



**Arnold Schwarzenegger**  
[@SCHWARZENEGGER]

Exciting news. My friends at CAA have been asking me for 7 years when they can take offers seriously. Gave them the green light today.



**Joel McHale**  
[@joelmchale] For five bucks, Chevy Chase will

perform the entire "Candygram" routine with the family member of your choosing.



**Conan O'Brien**  
[@ConanOBrien]

When I really stop and think about it, I realize I've only enjoyed four sandwiches in my life.

● METRO

## Banton's trafficking trial set to kick off

Buju Banton checked out some cocaine, put some on his finger and tasted it — all of it caught on law enforcement video inside a Florida warehouse.

Now he has another chance to explain why he did what he did.

The Grammy-nominated singer's second trial is scheduled to begin Monday with jury selection, five months after a previous jury hung on federal drug trafficking charges that could put him in prison for life.

Banton, whose real name is Mark Myrie, claims he was entrapped by a confidential informant



and got in over his head while trying to impress the man, who im-

plied he could help Banton's music career.

The U.S. government says Banton conspired with two associates to buy a shipment of cocaine from an undercover officer.

The two other men pleaded guilty and agreed to co-operate with investigators.

Their sentencing hearings are scheduled to start some time next month.

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## Billy not angered by Elton

Elton John

may have given Billy Joel

some "tough love" in his recent

Rolling Stone interview, sug-

gesting Joel needs help ad-

dressing his alcohol problem, but Joel isn't mad at his British friend.

"I've enjoyed our relationship too much to let

something as random as

these comments change my affection for him," Joel

says in a state-

ment. He goes on

to list his thoughts on the matter:

"1. I do not hate Elton John. 2. I do not want to 'punch him in the face.' 3.

**1. I do not hate Elton John. 2. I do not want to "punch him in the face. 3. If he wants to call me, my number is still the same"**

BILLY JOEL

If he wants to call me, my number is still the same."

● METRO





# 3 life

## Quick love fix



Forgot about Valentine's Day? If so, here are some thoughtful last-minute ideas.

### Love letter

Express your love with a handwritten letter. Then have it framed.

### Photo collage

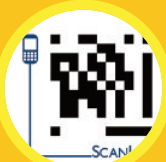
Create a collage of your favourite moments together.

### Balloon bouquet

Fill clear balloons with candles, love notes and trinkets.

### Snack basket

Put together your sweetie's favourite salty and sweet snacks. **NEWS CANADA**



Are you in the mood for love? Victoria is Canada's most romantic city, survey finds.

- Is it possible that separate mattresses or blankets can make you and your partner closer?
- Experts say there are creative ways to stay intimate while getting a good night's sleep

THE ASSOCIATED PRESS/LEGGETT & PLATT



Companies such as Leggett & Platt offer bed bases that contain separate mattresses placed side by side. They're designed to ensure closeness for partners who have different sleeping habits.

## To share or not to share a bed?

What do you do if your lover snores or twitches? What if he or she likes the blankets tucked in and you don't? These types of habits that keep people awake are more common than you may think.

The Better Sleep Council, funded by the mattress industry, surveyed 1,000 Americans in 2007 and found one in three say their partner's sleep habits affect their own sleep.

But, say designers and therapists, there are plenty of creative solutions to such problems.

"I'm a hopeless romantic," says Christopher Grubb, a designer from Beverly Hills, Calif., who

**"We like the time we spend together as a family before going to bed. It's special."** LETA HAMILTON,

WHOSE HUSBAND SLEEPS ON THE FLOOR OF THEIR BEDROOM BECAUSE HE PREFERS A HARD SURFACE.

likes helping clients enjoy sleeping in the same room.

Snores, he says, is a common problem among his clients, and one found relief with an anti-snores pillow from Sona, one of several companies that offer pillows designed to help prevent snoring by keeping the airway open.

Grubb also suggests

sheets with a high thread count to maximize comfort, a mid-weight comforter to balance different temperature preferences, and beds that cater to partners' different needs.

Sometimes that can mean two mattresses placed side by side.

For example, Leggett & Platt offers a bed base called the Prodigy. Imagine two hospital beds side by side, each of which can be raised and lowered independently, plus a massage feature that can be used as a silent alarm in the morning. Each partner has a separate mattress and can choose firmness.

Going to this extra ef-

fort is worth it, says Tina B. Tessina, a psychotherapist who blogs as Dr. Romance.

"Sleeping apart can contribute to the disconnect that plagues many relationships. It just makes it easier to avoid each other, when what's really needed is connection and contact," Tessina said.

Barbara Bartlein, a clinical psychotherapist in Milwaukee, Wis., said that sleep is important but so is the connection from sleeping together.

"The key is you must also take the time for physical closeness and intimacy.

"Many couples start the night together and then move apart if one person is

## The bed debate

Learn more about separate beds online.

- National Sleep Foundation: [sleepfoundation.org](http://sleepfoundation.org)
- Leggett & Platt: [lpcpg.com/products/foundations](http://lpcpg.com/products/foundations)
- Dr. Romance blog: [drromance.typepad.com/dr-romance-blog/](http://drromance.typepad.com/dr-romance-blog/)

moving, snoring, etc.

"One of the advantages of sleeping together is you have the opportunity for bedroom talk."

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# Bake a surprise to melt your lover's heart

► This chocolate caramel cookie is the sweetest Valentine's Day treat

## DINNER EXPRESS

EMILY RICHARDS  
FOOD@METRONEWS.CA



Bake up some tasty treats for your special Valentine.

But these aren't just your regular cookies.

They contain a caramel surprise that will make you want to keep the recipe handy to bake more during the year.

### Preparation:

- 1 In a large bowl, beat softened butter until light. Add the brown and granulated sugar and beat until fluffy. Beat in eggs, one at a time until combined. Then, beat in vanilla.
- 2 In another bowl, whisk together flour, baking powder, soda and salt. Stir into butter mixture until combined. Add chocolate chips and stir to distribute evenly.
- 3 Break chocolate bars into individual squares; set aside.

4 Using tablespoon, scoop dough into hands; roll into ball. Make a small indentation with finger to insert chocolate square piece and roll again to cover chocolate and form ball. Place on parchment paper lined baking sheet, about 2 inches (5 cm) apart. Bake in 350 F (180 C) oven for about 12 minutes or until cookies are light golden.

5 Let cool for 5 minutes in pan on rack. Remove to cooling rack and let cool completely. Repeat with remaining dough.

### Ingredients:

- 1 cup (250 mL) butter
- 1 cup (250 mL) brown sugar
- 1/2 cup (125 mL) sugar
- 2 eggs
- 1 tbsp (15 mL) vanilla
- 3 cups (750 mL) flour
- 1/2 tsp (2 mL) baking powder
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1 bag (300 g) mini chocolate chips
- 4 bars (52 g each) caramel filled chocolate bars

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILY-RICHARDSCOOKS.CA.

EMILY RICHARDS



Yields 36  
Prep time:  
20 minutes  
Cooking:  
12 minutes

► For variation, omit the caramel centres and pat some of the cookie dough into a heart-shaped cookie cutter. Lift the cookie cutter and place on baking sheet. Repeat the step with dough and keep an eye out while they bake until golden brown.

## No-Bake Breakfast Cookies



Include your kids in the fun of Valentine's Day with this delicious snack that they can take part in preparing.

Studded with dried cherries, walnuts, dark chocolate and mixed with nutritious rolled oats and wheat germ, these breakfast, or anytime, cookies will be a hit.

### Preparation:

- 1 Line a baking sheet with parchment paper and set aside.
- 2 In a medium bowl, combine walnut butter, honey and molasses. In a large bowl, combine rolled oats, walnuts, wheat germ, dried cherries, skim milk powder, chocolate chips, cinnamon and sea salt. Add molasses and honey mixture to dry ingredients, working everything together until the mixture holds its shape when formed into a ball.
- 3 Take 50 ml (1/4 cup) of the mixture, form into a ball and press onto the baking sheet to flatten into a cookie shape. Repeat the process until you have no remaining mixture.
- 4 Store cookies in an airtight container in the fridge or freezer for optimal freshness.

### Ingredients:

- 250 ml (1 cup) walnut butter (or other nut/seed butter)
- 125 ml (1/2 cup) honey
- 75 ml (1/3 cup) molasses
- 625 ml (2 1/2 cups) rolled oats
- 375 ml (1 1/2 cups) walnut pieces, toasted
- 175 ml (3/4 cup) wheat germ
- 175 ml (3/4 cup) dried cherries, chopped
- 125 ml (1/2 cup) skim milk powder
- 125 ml (1/2 cup) dark chocolate chips
- 2 ml (1/2 tsp) cinnamon
- 2 ml (1/2 tsp) sea salt

THE CANADIAN PRESS



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# Go ugly, go green

► Rock your ugly sweaters and turn down the heat on WWF Sweater Day

Remember that wacky snowman sweater you got last Christmas? The one that's hidden in the back of your closet? Well, it's time to dig it out, because tacky is back in a big way.

WWF-Canada is calling on all Canadians to don the tackiest sweater they can find to raise awareness of energy conservation.

The first official National Sweater Day will take place Thursday as part of WWF-Canada's ongoing efforts to inspire Canadians to take simple actions to reduce their carbon footprint. WWF-Canada is calling on Canadians to turn down their thermostats by three degrees for the day and wear fun, funky sweaters to symbolize their commitment to the environment.

"Wearing a tacky sweater on Sweater Day is a great way to celebrate simple actions like turning down the thermostat to



► Wear your ugly sweaters and turn down your heat on Sweater Day.

help fight climate change," said Gerald Butts, President and CEO of WWF-Canada. "We're asking Canadians from across the country to participate to show their commitment to energy conservation."

Residential heating produces about 44 mega-

tonnes of greenhouse gas emissions per year. Turning down the thermostat by a couple of degrees can make a big difference in fighting climate change. If every Canadian turned down their thermostat by two degrees each winter, 2.2 megatonnes of carbon

Flicker: RAMSEY EVERYDAYPANTS

## Sweater Day

There are a number of ways to get involved in Sweater Day and show your support for WWF-Canada and the fight against climate change.

- **Sign-up** Sign-up for Sweater Day at [wwf.ca/SweaterDay](http://wwf.ca/SweaterDay) to show your support for energy conservation and raise awareness of the effects of climate change.
- **Share** spread your love for the planet. Get your friends, family, co-workers and classmates involved in Sweater Day. The more people who participate, the greater the impact we will have on the planet.

dioxide could be saved every year — the equivalent of taking 350,000 cars off the road.

NEWS CANADA

## Queen of Green

**LINDSAY COULTER**

GREEN@METRONEWS.CA



## WHAT IS HIDING IN YOUR PARFUM?

My baby lotion is labeled paraben, petroleum and phthalate-free. But, the label also lists parfum. Could this be a natural parfum or are there hidden chemicals in my baby lotion? *Diane Fabbicino of Calgary*

**Y**ou're not alone. Lots of people trying to avoid harmful chemicals — like parabens, petrolatum and phthalates — are stumped when they run into parfum or fragrance on a label. The truth is we as consumers (and moms) don't know what's in parfum.

Parfum is a code word that can represent any number of unspecified fragrance chemicals.

Over 3,000 chemicals are used as fragrances, but manufacturers are not required by law to disclose them. In other words, there's no way you can tell which of those 3,000-plus chemicals are in the parfum in your baby lotion from reading the label. Call or write the manufacturer. Every company should have a contact form or a 1-800 number on the product packaging.



David Suzuki Foundation

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**EMPLOYMENT  
ONTARIO**



# Why not to find romance by the water cooler

► Pursuing a relationship with a co-worker might seem like a fun adventure, but you could be risking more than your heart by doing so

**DREW HINSHAW**  
LIFE@METRONews.ca

Better to have loved and lost than to have never loved at all.

But if you love at work, you could lose it all: your

job, your colleagues, your reputation, your career.

Like all enclosed social settings, the workplace can steam up into an irresistible incubator of amour fou, and career counsellors say as many as

half of us are someday destined to catch a gulp of Love Potion No. 9 at the company coffee pot. But not all love stories come with a happy epilogue, and before you fall head over high heels for that workmate-slash-soulmate, take one last, sober look at where you're tumbling from.

"Think about all the things that you want to be in your career," warns

## Making a move

There are less awkward locales than the office to swing for singles — like a public execution, maybe.

► Outside of that, the realm of terse emails and cold-faced professionalism may be the planet's most stifling, rejection-fraught place to proposition a date.

"If you're going to ask someone in the office on a date, make sure you ask them outside the office. Don't just walk up to the desk and ask them out," Olen cautions. "If you can't find a way to ask them out for coffee naturally, that might be a sign that it isn't meant to be."

Courtney Anderson, a workplace relationship expert. "And ask yourself how being perceived as someone who is more interested in romance than finance is going to help."

It may help your colleagues spice-up the drudgery of office routine. "People love when co-workers date in the office. It gives them something to talk about," author Helaine Olen of Office Mate notes. "What people worry about is the possi-

bility that you'll have a break-up."

Or the possibility that you'll have a one-up.

"People become jealous," Anderson adds. "And not because they want to date your boyfriend, but because they're coming to work early and doing 100 little tasks and you don't really have to do that anymore because look who you're dating."

Every leap of the heart comes with a hundred risks, but if you're already smitten, it's likely already too late.

"Bottom line, it doesn't matter what anybody says," Anderson concludes. "If somebody gets struck with cupid's arrow, that's it. They're just not going to listen."

## Keeping it secret

Think you've kept your crush on hush? Chances are, you're puppy love is already out of the bag.

► "Ninety-nine per cent of people, when they're in love, they're glowing and everyone can see," Anderson points out.

► "If someone asks you point blank, don't deny it, but you don't need to send out an inter-office memo," Olen says, offering a better way to break the news: "Show up as a couple at an after-hours function."

► "If you've decided that the relationship is real, someone needs to transfer," she says. "So that you're both respected."



► Broken hearts are hard to mend when you're forced to see your ex-significant on a regular basis.



► Dating around the office might earn you the undesirable reputation as one who places pleasure before business.

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### Turning Point

**TERESA KRUZE**

LIFE@METRONEWS.CA



## TAKE A CHANCE ON CHANGE

ing as an environmental scientist in Vancouver.

Then looking for something different, she changed her career once again when she decided to become a Doula.

A Doula provides support to new mothers in the delivery room. Emilie finds running her own Doula business has brought many challenges but the rewards have been great.

"You can't wait for people to come to you. You have to network and ask people how they did things."

Emilie's getting ready to change her life once again.

She's going to be a new mother in June. But when it comes to starting

your own business she has these words of advice. "Don't jump in right away. Build a solid plan that you can follow. And above all, believe in yourself."

### Doula Facts

Having a Doula as part of the birth team:

- ▶ Decreases the overall caesarean rate by 50%
- ▶ Reduces the length of labour by 25%
- ▶ Lessens the request for an epidural by 60%

For more information, visit [birthinbalance.ca](http://birthinbalance.ca).

How do you deal with change and the turning points in your life?

If you're Emilie Delestrade of Vancouver, then the answer is, "Just fine, thank you very much."

Emilie has changed her country, her culture, and her career - three times.

She moved from her native France to Canada when her husband started a new job. She went from teaching to work-



▶ Emilie Delestrade of Vancouver

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# Lemieux calls brawl a 'travesty'

## ► Normally quiet owner criticizes NHL's response to fight-filled game

The NHL intended to deliver a message to all its players when it punished the New York Islanders over the weekend. It didn't go nearly far enough for one of the greatest to ever play the game.

Mario Lemieux questioned the direction of the league in a scathing statement released yesterday, openly wondering about his future involvement with the NHL after his Pittsburgh Penguins were involved in a fight-filled game with the Islanders.

"Hockey is a tough, physical game, and it always should be," said Lemieux, the Penguins co-owner. "But what happened Friday night on Long Island wasn't hockey. It was a travesty. It was painful to watch the game I love turn into a sideshow like that."

"The NHL had a chance to send a clear and strong message that those kinds of actions are unacceptable and embarrassing to the sport. It failed."

The reaction from Lemieux came a little more than 12 hours after Colin Campbell suspended two Islanders players and fined the organization \$100,000 US.

The NHL disciplinarian travelled to Buffalo on Saturday night and held face-to-face meetings with forwards Trevor Gillies and Matt Martin to discuss their actions. Within hours,

### Boiling point

The game included 346 penalty minutes and 10 ejections. Pittsburgh was hammered 9-3.

- It came after a Feb. 2 game that saw the Islanders lose Rick DiPietro for four-to-six weeks because of broken bones in his face as the result of a punch from Penguins goalie Brent Johnson.
- The Islanders entered Friday's game still bitter about the incident and seemed intent to take matters into their own hands.

Gillies was suspended nine games and Martin was banned four games.

It wasn't enough to satisfy Lemieux.

"We, as a league, must do a better job of protecting the integrity of the game and the safety of our players," the Hockey Hall of Famer said in his statement. "We must make it clear that those kinds of actions will not be tolerated and will be met with meaningful disciplinary action."

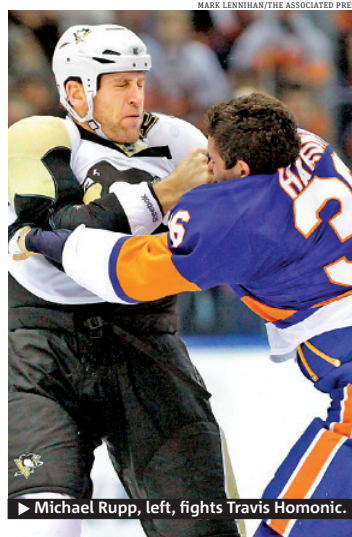
"If the events relating to Friday night reflect the state of the league, I need to re-think whether I want to be a part of it."

Lemieux didn't specify exactly what he would have liked to have seen done.

THE CANADIAN PRESS



► The Islanders' Michael Haley fights Pittsburgh's Craig Adams.



► Michael Rupp, left, fights Travis Homonic.



► Haley also went after Pittsburgh goalie Brent Johnson.



► Eric Tangradi is seen to after taking a hit to the head from New York's Trevor Gillies.

# 4

sports

### Quoted



"This was kind of to prove to ourselves that we can beat the best teams in the NBA. It was a must-win for us, in a sense that we haven't been playing well against good teams."

MAGIC FORWARD RYAN ANDERSON, ON HIS TEAM'S 89-75 WIN OVER THE LAKERS YESTERDAY.

"It was a winnable game as far as points go. But we didn't put any up."

LAKERS FORWARD ANDREW BYNUM, KOBE BRYANT AND BYNUM EACH SCORED 17 TO LEAD THE LAKERS, HELD TO A SEASON LOW IN POINTS.

## Going West?

With two weeks until the trade deadline, teams in the tight Western Conference are looking for any edge to get ahead. "There's going to be a migration west," said one Western Conference executive.



### VANCOUVER CANUCKS

#### NEED

Defence help with Alex Edler hurt. Still looking for a centre. Injuries starting to pile up.

#### HOT TALK

Interested in Kris Versteeg and Ottawa's Jarkko Ruutu.



### SAN JOSE SHARKS

#### NEED

Offensive defenceman, maybe Chris Campoli.

#### HOT TALK

Sharks like Alex Goligoski, Tomas Kaberle.



### LOS ANGELES KINGS

#### NEED

High-end forward with Marco Sturm on long-term IR.

#### HOT TALK

Alexei Kovalev, Stephen Weiss or Jason Arnott after missing out on Mike Fisher.



### ANAHEIM DUCKS

#### NEED

A goalie better than Ray Emery to back up Jonas Hiller.

#### HOT TALK

Senator Chris Campoli might be a good fit on blue-line.



### DETROIT RED WINGS

#### NEED

With Chris Osgood ailing, they need goaltending.

#### HOT TALK

Tomas Vokoun, Pascal Leclaire, J.S. Giguere come up in conversations.



### CHICAGO BLACKHAWKS

#### NEED

Goaltending, a defensive defenceman who can kill penalties and more offence.

#### HOT TALK

Brent Seabrook is on the block.

TORSTAR NEWS SERVICE



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## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	55	36	14	2	3	182	139	77	19-8-0-2	17-6-2-1	7-3-0-0	L1
d-Tampa Bay	56	34	17	3	2	172	172	73	19-6-1-2	15-11-2-1	8-2-0-0	W1
d-Boston	56	31	18	2	5	172	135	69	15-11-1-2	16-7-3-1	5-5-0-0	L2
Pittsburgh	58	35	19	2	2	173	141	74	20-10-1-0	15-9-1-2	6-4-0-0	L2
Washington	56	29	17	5	5	151	140	68	17-7-2-5	12-10-3-0	4-3-1-2	L2
Montreal	57	31	20	4	2	151	143	68	19-7-3-2	12-13-1-0	5-3-0-2	W1
NY Rangers	58	30	24	2	2	162	144	64	13-12-1-2	17-12-1-0	3-6-0-1	W1
Carolina	57	27	22	4	4	168	175	62	14-9-1-1	13-13-3-3	4-4-2-0	W1
Atlanta	58	25	23	4	6	167	188	60	13-12-1-4	12-11-3-2	2-5-1-2	L1
Buffalo	54	26	22	6	0	161	162	58	12-12-2-0	14-10-4-0	7-2-0-1	L1
Florida	55	24	24	3	4	146	148	55	12-9-3-3	12-15-0-1	3-4-1-2	W1
Toronto	56	23	27	3	3	144	174	52	13-11-3-2	10-16-0-1	4-5-1-0	L2
New Jersey	56	22	30	3	1	120	158	48	12-13-2-1	10-17-0-1	8-1-0-0	W4
NY Islanders	56	20	29	3	4	151	186	47	10-13-1-3	10-18-2-1	5-5-0-0	W3
Ottawa	56	18	30	5	3	126	186	44	9-15-2-2	9-15-3-1	1-7-1-1	W1

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	56	36	11	4	5	190	133	81	20-10-1-0	16-7-3-1	7-1-0-2	W1
d-Detroit	56	34	16	4	2	187	163	74	17-8-3-1	17-8-1-1	6-4-0-0	W2
d-Dallas	56	31	19	2	4	159	158	68	17-8-2-3	14-11-0-1	3-6-1-0	L1
Nashville	56	30	19	4	3	150	133	67	13-5-3-3	17-14-1-0	5-4-0-1	W2
Phoenix	57	29	19	6	3	162	160	67	13-10-3-2	16-9-3-1	6-4-0-0	W4
Anaheim	56	31	21	2	2	155	157	66	17-8-0-1	14-13-2-1	7-3-0-0	W3
San Jose	57	30	21	4	2	158	151	66	13-10-2-1	17-11-2-1	7-2-0-1	W1
Minnesota	55	30	20	1	4	146	145	65	14-11-0-2	16-9-1-2	8-2-0-0	W3
Los Angeles	56	31	22	2	1	156	132	65	17-9-1-0	14-13-1-1	7-1-0-1	W2
Calgary	58	28	22	3	5	168	172	64	16-9-1-2	12-13-2-3	7-1-1-1	L2
Chicago	56	28	22	2	2	177	158	62	16-13-0-0	12-9-3-3	4-4-1-1	L2
Columbus	56	28	23	3	2	152	168	61	14-13-0-1	14-10-3-1	7-3-0-0	W2
St. Louis	54	24	21	4	5	145	162	57	16-8-1-3	8-13-3-2	3-4-2-1	L2
Colorado	56	25	25	6	0	170	186	56	14-13-3-0	11-12-3-0	1-4-0-0	L7
San Jose	55	16	31	1	7	137	189	40	7-16-1-3	9-15-1-3	2-7-0-1	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Yesterday's results

Carolina 3 Atlanta 2  
Columbus 2 Dallas 1  
Detroit 4 Boston 2  
Florida 3 San Jose 2  
Los Angeles 1 Philadelphia 0  
N.Y. Islanders 7 Buffalo 0 (OT)  
N.Y. Rangers 5 Pittsburgh 3  
Anaheim at Edmonton  
Saturday's results  
Montreal 3 Toronto 0

## SATURDAY

## CANADIENS 3, MAPLE LEAFS 0

## First Period

No Scoring.

**Penalties** — Lebda Tor (interference) 3:53, White Mtl (holding) 12:44.

## Second Period

1. Montreal, Pouliot 12 (Desharnais, Hamrlik) 10:12

2. Montreal, Gionta 21 (Pacioretty) 11:52

**Penalties** — Hamrlik Mtl (tripping) 4:00, Montreal bench (too many men, served by Kostitsyn) 12:37, Kostitsyn Mtl (boarding) 16:27, Phaneuf Tor (high-sticking) 18:15.

## Third Period

3. Montreal, Desharnais 5 (Gomez, Hamrlik) 6:19 (pp)

**Penalties** — Boyce Tor (hooking) 5:02, Eller Mtl (hooking) 7:52, Boyce Tor (tripping) 11:07, Crab Tor (high-stick) 17:29, Boyce Tor (cross-checking) 18:36.

## Shots

Toronto 11 8 8-27

Montreal 15 12 12-39

**Goal** — Toronto: Giguere (L, 11-10-3). Montreal: at Price (W-27-18-5). **Power plays (goals-chances)** — Toronto: 0-5, Montreal: 1-6.

**Referees** — Marc Joannette, Dan O'Rourke.

**Linesmen** — Lonnie Cameron, Brad Kovalchik.

**Att** — 21,273 at Montreal.

## SENATORS 5, OILERS 3

## First Period

1. Ottawa, Butler 1:25

2. Edmonton, Cogliano 9 (Eberle, Foster) 3:45

3. Ottawa, Kovalev 12 (Foligno) 7:27

**Penalties** — Vandermeer Edm (interference) 7:55, Penner Edm (holding) 10:48, O'Brien Ott (holding) 13:30.

## Second Period

**Penalties** — Babchuk Cal (interference) 12:23,

## Vancouver 4 Calgary 2

Ottawa 5 Edmonton 3

Los Angeles 4 Washington 1

Minnesota 3 St. Louis 1

Nashville 5 Colorado 3

Phoenix 3 Chicago 2 (SO)

Tampa Bay 4 Carolina 3 (OT)

## Tonight's games

Vancouver at St. Louis, 8 p.m.

Washington at Phoenix, 8 p.m.

Calgary at Colorado, 10 p.m.

4. Edmonton, Penner 19 (Hemsky) 4:11

**Penalties** — Foster Edm (hooking) 10:03, Spezza Ott, Michalek Ott, Smid Edm, Fraser Edm (double roughing) 11:34, Neil Ott, Peckham Edm (roughing), Khabibulin Edm (roughing served by Hall) 13:37.

## Third Period

5. Ottawa, Michalek 14 (Butler, Spezza) 8:03 (pp)

6. Ottawa, Regis 3 (Kovalev, Foligno) 14:10

7. Edmonton, Penner 20 (Hemsky, Omark) 17:39

8. Ottawa, Kovalev 13 (Spezza) 18:37 (en)

**Penalties** — Jacques Edm (high-sticking) 4:24, Cogliano Edm (hooking) 7:11, Smith Ott (slashing) 8:06, Lee Ott (holding) 9:07, Lee Ott (tripping) 15:34, Spezza Ott (double high-sticking) 19:17.

## Shots

Ottawa 6 9 10-25

Edmonton 6 5 7-18

**Goal** — Ottawa: Elliott (W, 13-19-7); Edmonton: Khabibulin (L, 8-25-2). **Power plays (goals-chances)** — Ottawa: 1-7; Edmonton: 0-5.

**Referees** — Brad Meier, Francois St. Laurent.

**Linesmen** — Don Henderson, Shane Heyer.

**Att.** — 16,839 (16,839) at Edmonton.

## CANUCKS 4, FLAMES 2

## First Period

1. Vancouver, Burrows 16 (Raymond, Malhotra) 10:42 (pp)

**Penalties** — Jokinen Cal (hooking) 9:23, Staios Cal (tripping) 19:02.

## Second Period

2. Calgary, Jackman 10 (Stajan, Babchuk) 2:11

3. Calgary, GlenCross 17 (Morrison, Iglnia) 4:17

4. Vancouver, Samuelsson 14 (Raymond, Biek-sa) 10:40

5. Vancouver, Samuelsson 15 (Ehrhoff, D.Sedin) 13:20 (pp)

**Penalties** — Babchuk Cal (interference) 12:23,

D.Sedin Vcr (holding) 19:49.

## Third Period

6. Vancouver, Burrows 17 (Rome, Malhotra) 19:18 (en)

**Penalties** — Malhotra Vcr (hooking) 4:39, Salo Vcr (interference) 9:05.

## Shots

Calgary 8 10 8-26

Vancouver 13 13 7-33

**Goal** — Calgary: Kiprusoff (L24-19-4); Vancouver: Luongo (W, 27-8-7). **Power plays (goals-chances)** — Calgary: 0-3; Vancouver: 2-3.

**Referees** — Paul Devorski, Bill McCreary.

**Linesmen** — Vaughan Rody, Thor Nelson.

**Att.** — 18,860 (18,810) at Vancouver.

## SCORING LEADERS

	G	A	PT
Stamkos, TB	40	34	74
D.Sedin, Vcr	29	44	73
H.Sedin, Vcr	12	55	67
Crosby, Pgh	32	34	66
St. Louis, TB	20	46	66
B.Richards, Dal	22	40	62
Zetterberg, Det	17	43	60
Perry, Ana	28	31	59
E.Staal, Car	27	29	59
Ovechkin, Wash	21	35	56
Kesler, Vcr	22	32	54
Iginla, Cal	23	31	54
Eriksson, Dal	18	35	53
Kopitar, LA	17	35	52
Selanne, Ana	16	36	52

Not including yesterday's results

## LACROSSE

## NLL

## EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	7	5	2	.714	78	67	—
Buffalo	6	4	2	.667	69	57	1/2
Rochester	6	4	2	.667	61	64	1/2
Boston	8	5	3	.625	75	59	1/2
Philadelphia	7	3	4	.429	59	72	2

## WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	7	4	3	.571	79	78	—
Minnesota	6	3	3	.500	68	64	1/2
Washington	8	3	5	.375	95	101	1 1/2
Edmonton	7	2	5	.286	73	85	2
Colorado	6	1	5	.167	53	62	2 1/2

## Week Six

## Saturday's results

Edmonton 15 Washington 14

Toronto 9 Calgary 8 (OT)

Buffalo 16 Philadelphia 7

Boston 11 Colorado 6

Rochester 12 Minnesota 10

Friday's result

Edmonton 14 Washington 12

## CURLING

## ONTARIO TANKARD CHAMPIONSHIP

## At Grimsby, Ont.

## Skip (Hometown)

x-Peter Corner (Brampton) 8 2

x-Glen Howard (Coldwater) 8 2

x-Greg Balsdon (Toronto) 7 3

x-John Epping (Peterborough) 7 3

Mark Bice (Sarnia) 6 4

Chris Gardner (Renfrew) 5 5

Dale Matchett (Bradford) 4 6

Mark Kean (Ajax) 3 7

Howard Rajala (Ottawa) 3 7

Nick Rizzo (Brantford) 3 7

Jake Higgs (Harriston) 1 9

x — clinched playoff berth.

## Yesterday's results

## SEMI-FINAL

Greg Balsdon 9 Peter Corner 4

## CHAMPIONSHIP

Glen Howard 10 Greg Balsdon 3

## Saturday results

## PAGUE PLAYOFFS

## One vs. Two

Glen Howard 11 Peter Corner 5

## Three vs. Four

Greg Balsdon 10 John Epping 4

## GOLF

## PEBBLE BEACH NATIONAL

## PRO-AM

At Pebble Beach, Calif.

## Final Round

(6,816-yard, par-72 Pebble Beach Golf Links;

6,816-yard, 6,953-yard, par-72 Spyglass Hill;

6,838-yard, par-70 Monterey Peninsula Country Club; note—due to different pars, scores listed in par order):

D.A. Points, 51,134,000

Hunter Mahan, \$680,400

Tom Gillis, \$425,400

Spencer Levin, \$277,200

Steve Marino, \$277,200

Nick Watney, \$211,050

Aaron Baddeley, \$211,050

Bryce Molder, \$211,050

Steven Bowditch, \$163,800

Phil Mickelson, \$163,800

Zack Miller, \$163,800

Jimmy Walker, \$163,800

James Driscoll, \$126,000



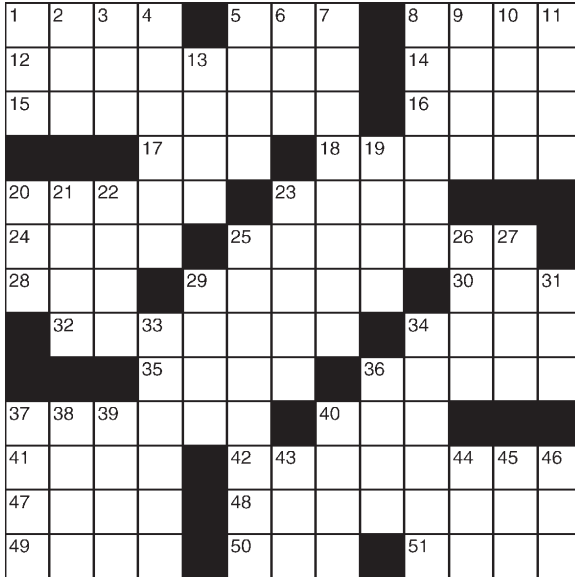
## Crossword

### Across

- 1 It's a long story  
5 "The Talk" network  
8 Make over  
12 Demographic of a sort  
14 Still  
15 Implode  
16 "The — on the Floss"  
17 Away from WSW  
18 With unfriendliness  
20 Beg  
23 Writer Vonnegut  
24 Injure  
25 Institution of higher learning  
28 Use a shovel  
29 Impressive formation  
30 Legislation  
32 Miner, perhaps  
34 Leaning Tower city  
35 Ninth Greek letter  
36 Thread  
37 Asian sultanate  
40 Conger, e.g.  
41 Ireland  
42 Conversation  
47 Plankton component  
48 Framework  
49 Antelope's playmate  
50 Zodiac sign  
51 Without (Fr.)

### Down

- 1 Pouch  
2 Past  
3 Solidify  
4 Glistening

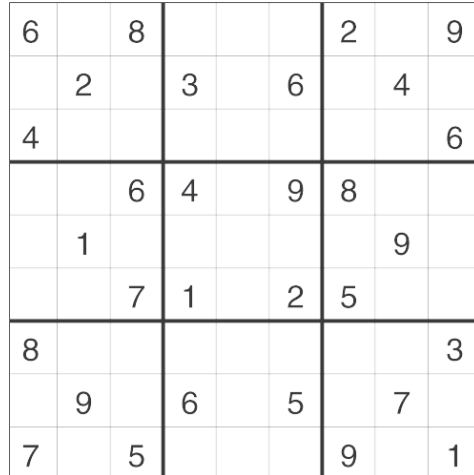


- 5 Manage somehow  
6 Ralph Kramden's carrier  
7 Mirrorlike  
8 Distant  
9 Satan's specialty  
10 "The Farmer in the —"  
11 Having no siblings  
13 McNally partner  
19 Paris airport  
20 Third degree?  
21 Nonclerical  
22 Therefore  
23 "M\*A\*S\*H" locale  
25 At a turning point  
26 Smooth-talking  
27 Facility  
29 Burn remedy  
31 "— and Peace"  
33 Straight  
34 Airline employees  
36 2009 Broadway musical set in Nigeria  
37 Abacus component  
38 Anger  
39 Incite  
40 Ticklish Muppet  
43 Raw rock  
44 Sine — non  
45 Coffee vessel  
46 Affirmative

### ► Yesterday's answer



## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### ► Yesterday's answer

1	7	5	4	2	8	9	3	6
9	8	2	3	7	6	4	1	5
6	3	4	5	9	1	2	8	7
4	1	8	9	3	5	6	7	2
2	5	3	7	6	4	8	9	1
7	9	6	8	1	2	5	4	3
8	2	1	6	4	3	7	5	9
3	4	7	2	5	9	1	6	8
5	6	9	1	8	7	3	2	4

## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

Corina, Thank you for wishing to be a part of my life n letting me be a part of yours. You are Amazing. All my Love is yours. LOVE PAUL XOXO

Alix, I love so much words can not explain. You are The most special to me in the world and I never want to be one second without you. LOVE SHANE

Ella, Happy Valentine's Day. I love you more and more everyday. You are so clever, sweet, and beautiful. It's a little late, but the Taj Mahal is in the city of Agra. Good luck on today's puzzle. LOVE, YOUR GURL 4EVZ, E.T.

Donald, you are one-of-a-kind. I'm more than grateful to have a man like you in my life! You are my daily dose of sunshine, and will always be! I can't imagine a me, without you, I Love You Babe! LOVE, SHANTELE

## Today's horoscope

**♈ Aries** March 21-April 20  
Steer clear of strong emotions today. Others may bare their souls every chance they get but you prefer to keep things private — at least for now.

**♉ Taurus** April 21-May 21  
At some point today, you will realize a certain person is no good. What will you do about it? Be brave and tell him or her your association is over. Don't worry about hurt feelings — yours are more important.

**♊ Gemini** May 22-June 21  
There seems to be a lot of noise and confusion in your world and there will be times today when you wish you could switch off completely. So why don't you? You don't have to start the week at full blast.

**♋ Cancer** June 22-July 22  
There's no point in answering your critics. If they want to make false accusations, that's up to them. Pretend they don't exist. It will hurt them much more than biting back.

**♌ Leo** July 23-Aug. 23  
The Sun's transit of your opposite sign is coming to an end. By the weekend, you will have to decide whether to continue with a relationship or end it. Make that decision with your head rather than your heart.

**♍ Virgo** Aug. 24-Sept. 22  
Something will happen that annoys you and a falling out with a friend is possible. Before you go on the warpath, make sure you've got your facts right. It could save apologizing later.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23  
It's now or it's never. Yes, really. Deep down you know that if you don't follow your heart this week you could miss out forever. Identify your passion and focus on it to the exclusion of everything else.

**♏ Scorpio** Oct. 24-Nov. 22  
There's a certain person who rubs you up the wrong way when work together. No matter who he or she is, his or her presence is having a negative effect. Keep your distance.

**♐ Sagittarius** Nov. 23-Dec. 21  
Someone of whom you are fond is not in the best of moods at the moment. If you are smart, you will stay out of his or her way. Let him or her enjoy the tantrum.

**♑ Capricorn** Dec. 22-Jan. 20  
There is no reason why you cannot mix business with pleasure today. Just be careful that the pleasure part does not take over. Get obligations out of the way, then reward yourself with a night to remember.

**♒ Aquarius** Jan. 21-Feb. 18  
A positive attitude is a must as the week begins. It will give you the energy and the staying power to see through what you are working on. Self-belief is a must if you intend to win.

**♓ Pisces** Feb. 19-March 20  
Fortune will smile on you this week and people in positions of power will be impressed by the level of energy you bring. But don't run yourself into the ground. SALLY BROMPTON

## Caption contest

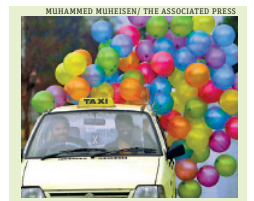


"It looks like you've seen a ghost"

KATHLEEN MOSS

## WIN! You write it!

Write a funny caption for the image to the right and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



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